

TOP TIPS!

Working in a diverse setting

TOP TIPS FROM AN OCCUPATIONAL THERAPIST AT FARMABILITY:



What are your top tips for working in a diverse setting?

- **Open Mind** - Having an open mind about what you can do as an OT, completing university opened my mind to see the skills an OT can have.
- **Curiosity** - seeing where you can go with ideas and making professional connections.
- **Self confidence** - seeing what a difference you can make.

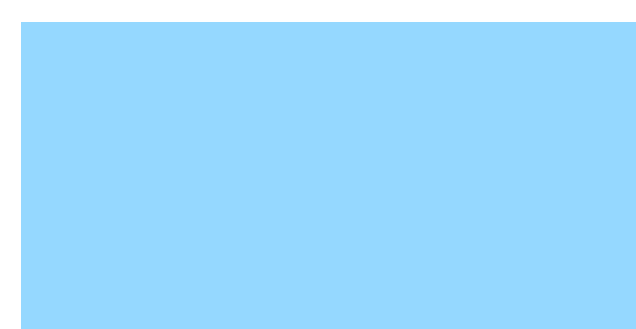
What are the key benefits of working in a diverse setting?

- **Vision** - Choosing your own vision for OT
- **Creativity** - Look at things differently
- **Teamwork** - It can be isolating, and you must build support around you,
- **Flexibility** - to build your own vision.
- **Opportunities** - to personally develop
- **Diversity** - in your day

My 'Top Tips' for working in diverse settings are:

- **Have students!** - They make sure you stay occupationally focused, give opportunities for networking with local services through long arm supervision, bring new ideas and keep you up to date on developments in the profession!
- **Stop! Think! Is this OT?** - Keep asking yourself this question: is the role you are doing making the best use of your skills as an OT? If not, should you be doing something differently or letting someone else do it? How can your OT skills be used to the greatest benefit of the organisation/client group you are working for/with?
- **Explain what you are doing and why** - Refer to the evidence, use and explain occupational theory, models, and approaches and how they are relevant to the context you are in.
- **Stay proud and passionate about your profession** - It's not all toilet seats and making cups of tea! Engagement in meaningful occupation enhances people's health and wellbeing!! It works!! So, shout about it! When they 'get it' everyone will join in, and hopefully people will start expecting more of Occupational Therapy as a profession as a consequence.

Top tips from a BounceOT:



Top Tips from weekday Wowfactor OT!



What are your top tips for working in a diverse setting?

A diverse setting - is a flexible approach that is an untraditional way of interacting and letting go of the "rigid OT" ways.

Mindset - Have a "brave mindset doing something different".

Get a grounding - in a traditional OT setting to give yourself experience I had 19 years' experience prior to my diverse work.

What's the main attraction?

I LOVE! I am constantly learning, its endless tweaking, it is very creative not "robotic" great team work.

WHAT SKILLS DO DIVERSE SETTINGS OFFER?

- Critical thinking
- Resilience
- Confidence
- Transferable skills
- Time management
- Strength
- Professional development.